



# just girls...

designed and led by high school girls, gives middle school girls an opportunity to hear from guest speakers and share ideas on a variety of topics with a goal of cultivating **self-confidence, self-respect, and self-worth.**

## Join Us!

Friday Evenings, 6:30pm - 8:00pm  
Deer Valley Apts. Clubhouse  
155 Windermere Ave



### **Friday Nov. 1st** - Nutrition

Join our nutritionist for healthy eating tips.  
We'll make and eat delicious , healthy snacks!

### **Friday Jan. 24th** - Beauty

Join our skin and hair care experts for a night of beauty.  
Learn to take proper care of your skin and create some fun hairstyles!

### **Friday Feb 7th** - Style

Join our fashion expert for style tips.  
Learn to dress for your body type & accessorize your outfits!

### **Friday March 14th** - Image

Join Kelly & Sarah for Social Media night.  
Learn about your online "image", how to protect yourself,  
and what we can all do about cyper-bullying!



*Let us know you'll be joining us!*

Email Kelly and Sarah at  
**JustGirlsEllington@gmail.com**

The program is led by two high school aged leaders, **Kelly Gorman & Sarah Riley**, and sponsored by Ellington Youth Services (860-870-3130).  
There will be a **\$5 fee** for each evening payable at the door.